



Moroccan Carrot Soup

 Vegetarian  Gluten Free  Popular

READY IN



40 min.

SERVINGS



4

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter ()
- 1 pound carrots peeled cut into 1/2-inch dice (2 2/3 cups)
- 1.5 teaspoons cumin seeds
- 0.1 teaspoon ground allspice
- 1 tablespoon honey
- 1 teaspoon juice of lemon fresh
- 2.5 cups chicken broth
- 0.5 cup yogurt plain

1 cup onion white chopped

Equipment

bowl

frying pan

sauce pan

ladle

whisk

blender

Directions

Melt butter in large saucepan over medium-high heat.

Add onion; sauté 2 minutes.

Mix in carrots.

Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.

Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Finely grind in spice mill.

Remove soup from heat. Puree in batches in blender until smooth. Return to same pan.

Whisk in honey, lemon juice, and all spice. Season with salt and pepper.

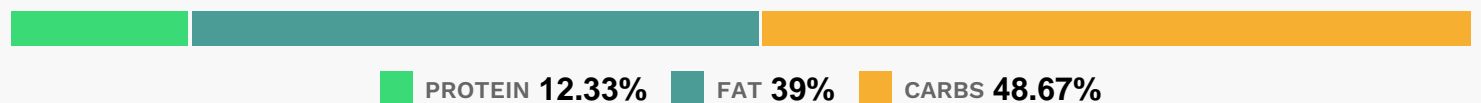
Ladle soup into bowls.

Drizzle yogurt over; sprinkle generously with cumin.

Per serving: 154.7 kcal calories, 42.1 % calories from fat, 7.2 g fat, 4.5 g saturated fat, 22.1 mg cholesterol, 18.7 g carbohydrates, 3.

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:53.78, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:12.750434837264%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 174.18kcal (8.71%), Fat: 8.04g (12.38%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 18.63g (6.77%), Sugar: 13.05g (14.5%), Cholesterol: 19.03mg (6.34%), Sodium: 184.72mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Vitamin A: 19160.27IU (383.21%), Potassium: 615.35mg (17.58%), Vitamin B3: 3.25mg (16.26%), Fiber: 3.96g (15.85%), Vitamin K: 15.72µg (14.97%), Phosphorus: 130.44mg (13.04%), Vitamin C: 10.4mg (12.6%), Manganese: 0.25mg (12.31%), Vitamin B6: 0.23mg (11.72%), Vitamin B2: 0.17mg (10.08%), Calcium: 99.04mg (9.9%), Folate: 31.95µg (7.99%), Copper: 0.15mg (7.68%), Vitamin B1: 0.11mg (7.17%), Iron: 1.28mg (7.09%), Magnesium: 25.91mg (6.48%), Vitamin E: 0.96mg (6.43%), Vitamin B5: 0.49mg (4.91%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.27µg (4.55%), Selenium: 1.14µg (1.63%)